



Tuesday's Child

Week Three:

Reinforcer Inventory

Instead of thinking “reinforcer” think motivator. Be a good observer – what *is* motivating?

Have you set up a token system?

Using token*s (sweeties, tchotchke, etc) can create good habits. Remember bad habits can be very hard to break.

- Tokens are perfect for reinforcing simple routines like getting in and out of the car appropriately, or leaving the house gracefully.
- Don't fade the token system too soon. Make sure good habits have been established. It's better to opt for too long than the too short.

Consistency and Discipline

Clear directions, predictable phrases and structure set our children up for success. Effective use of contingencies, (when / then) clearly define your expectation.

- For example, Child gets dress cooperatively and earns I-pad for 10 minutes, then breakfast. If your child wants I-pad longer, validate feeling and state when the child can have the I-pad again.

***It's ok if your child is unhappy/disappointed/ mad that a limit has been set.

a. Whining – ok; crying – ok, some types of tantrum – ok -- *Differential attention – be a good observer – when the child attempts to calm down – note it!*

Extinguishing Behaviors – Be sure your child knows the correct behavior to replace the undesirable behavior set up token system to increase cooperation.

- For example, Child gets out of bed many times after lights out. Correct behavior: staying in bed until sleep.
 - a. Child earns a reinforcer for staying in bed. If the child gets out of bed, matter of fact, walk child back to bed.

Any behavior you want to do away with you need to have a replacement behavior clearly defined to put in its place.

Developing a Goal Plan to Change Behavior

The first step of developing a behavioral goal plan is to have several days of ABC data. Baseline - (Antecedent-Behavior-Consequence)

Collecting information on negative triggers and consequences – along with any information on what sets the child up for success -- will help us focus our attention and developed well-defined steps for us to follow to encourage cooperation. We will also develop a predictable routine for you to follow when a child chooses to be non-cooperative.

Goal Plan on Following Directions on the First Request

There are several reasons I like to use the morning routine for this goal plan:

- There are opportunities for using when/then and it is time limited.
- Generally, we want our kids and ourselves to start the day out pleasantly – we're willing to invest positive energy in to a good start to the day.
- My data shows parents have more energy to invest in making it work early in the day.

Once you've identified the behavior you want to change, you have to commit to putting effort into making your child successful. Sooo. . . .

- Antecedently, you have noticed and commented when your child has followed a direction the first time for the past 4 weeks. (Caught the child being good)
- You have thoughtfully unearthed reinforcers that will encourage cooperation; have the reinforcer on hand and are willing to dispense it.
- You have determined a response to your child's non-compliance. Your response and/or consequence should reflect the belief that discipline is an opportunity to teach.
- You are committed to making this goal the priority of the am routine. Not lunches, dressing, grooming, where the backpacks are, is homework done, dishes, laundry, e-mail etc.